

Thanksgiving Day Survival Guide

Doing well with your weight loss program? Wondering how you'll manage the upcoming Thanksgiving Holiday? Relax.....here are some tips to help you "stay the course" and enjoy the holiday.

Stay the Course! Stay dedicated to your weight loss program throughout the holidays. Never miss an appt./visit with your counselor! The holidays are when support is typically needed the most.

If you plan to not follow your weight loss plan the day of the Thanksgiving holiday, it is very important to follow it right up until the holiday and start again the day after (even if you are a Black Friday shopper!)

Make an eating plan for your Thanksgiving Day meal. Write your plan down before the holiday and keep it handy in case you need to refer to it for reinforcement.

If preparing foods and/or baking, chew gum to help avoid "taste testing" and sneaking in those extra calories.

Journal this day like you would any other day. This self accountability will help you stay true to your goal and weight loss journey.

Wear snug-fitting clothes (not tight) to avoid over eating.

Think your drink. Be sure to choose drinks that are low in calories and remember alcohol tends to stimulate appetite and adds unnecessary calories! Try to avoid alcohol.

Do not skip any meals the day of Thanksgiving. Skipping meals tends to lead to over eating. Plan to have your breakfast and any snacks you typically have prior to the Thanksgiving meal.

Be sure to socialize away from the food table before/after the meal. This will help you manage your food intake.

Use a smaller plate to help reduce portion sizes and control calories.

Exercise during the day! Exercise and movement helps to burn calories.

Mindfully eat. Stay tuned in to your satiety and stop eating if you feel satisfied.

Avoid or cut back on the higher calorie, not-so-healthy options at the meal such as gravy, stuffing, turkey skin, and high calorie desserts.

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